Growing PSILOCYBIN MUSHROOMS

The Magic Mushroom Cultivation Guide for Enthusiastic Growers

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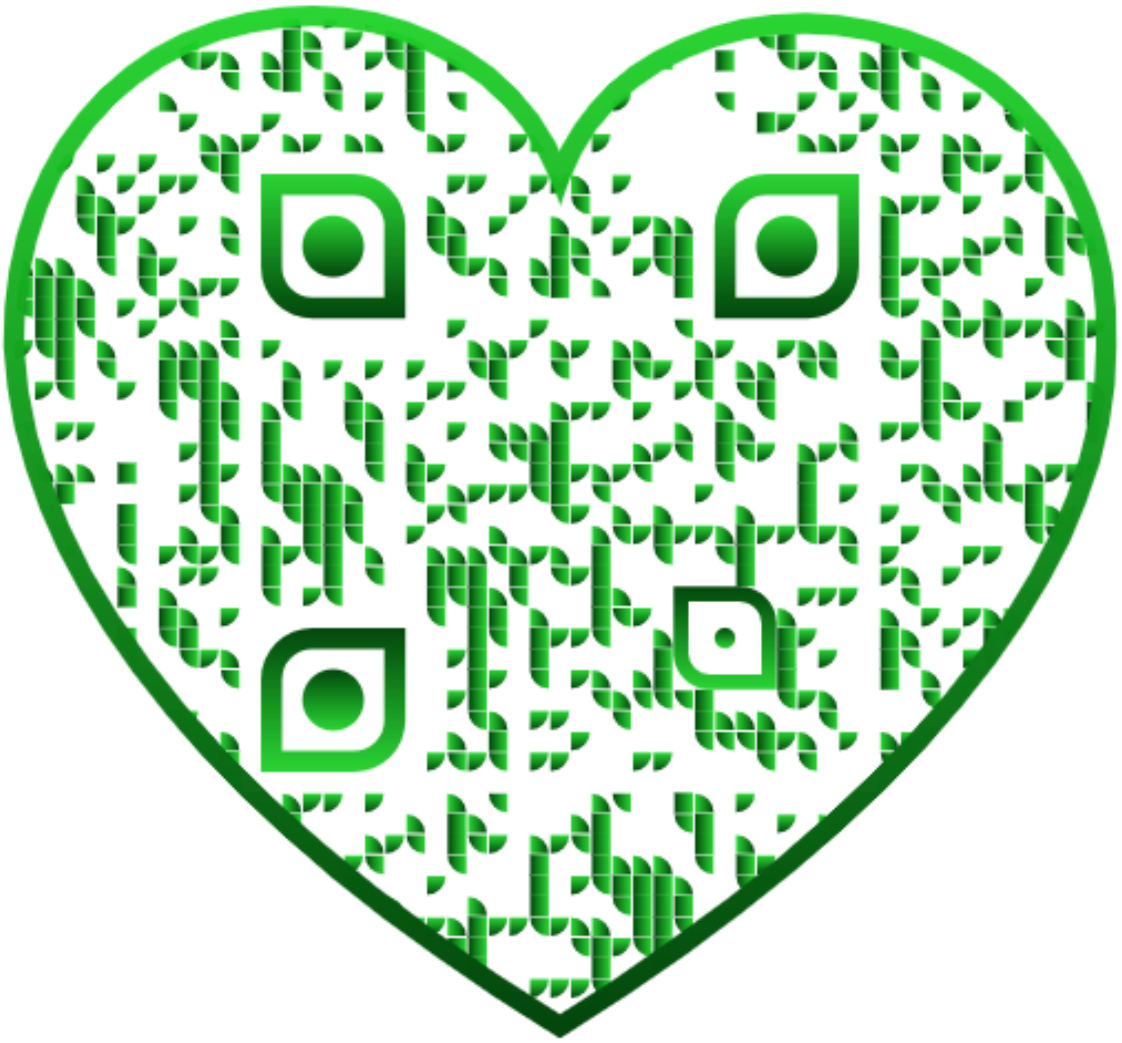

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Introduction

Psilocybin mushrooms also are known as magic mushrooms belong to a group of fungi regarded to be polyphyletic containing different psychedelic elements; hence, most persons refer to them as psychedelic mushrooms. Some of the psychedelic compounds you will find in this plant include psilocin, baeocystin, and psilocybin, the most prominent amongst them. You may also hear some common terminologies from people about this plant like 'mush' or 'shrooms.' They are merely referring to magic mushrooms.

This type of mushroom is not only found in the wild but can also be grown by enthusiastic farmers at home for consumption purposes due to its psychedelic effects. Although, most growers practice it to ensure they do not cultivate wrong species. Ordering a psilocybin mushroom grow kit is the first step in your journey towards having a bumper harvest of the magic mushroom.

You need to keep these living mycelium substrates in those ready-to-use packs humid because they are essential materials behind the growth and development of mushrooms. Growing magic mushrooms from scratch are the best using your self-made substrate, and if you can adopt a consistent approach, you will end up having a less contaminated product ideal for your new plants.

Robert 'Psylocybe Fanaticus' McPherson's eponymous PF Tek revolutionized the cultivation of magic mushrooms. He developed a better substrate by adding vermiculite to the grain-based substrate instead of using grain alone, which is seen as being more labour intensive, although, experts regard this process, as the best for beginners because it is cheap and affordable.

This book will help you to understand the best approach to adopt in cultivating psilocybin (magic) mushrooms like the varieties to grow, ingredients to use, equipment, hygiene supplies, the step by step method to apply, the best fumigation methods, how to harvest the plant, and the preservation methods.

By adopting these processes, you will successfully cultivate the plant and reap a bountiful harvest.

Chapter One: The Requirements for Growing Magic Mushroom

Psilocybin Magic Mushrooms

The cultivation of mushrooms is not a difficult or challenging process if you can understand the ideas that are communicated to you here. Being successful in growing magic mushrooms at home requires the use of some essential materials and supplies, and in most cases, these materials are easy to acquire. You will also order ready-to-grow mushroom kits, varieties of growing amounts, and spores to begin.

On the other hand, a detailed list of the tools you need includes spray bottle, filler material, ziplock bags, scale, mouth mask, alcohol/gas burner, spores or mycelium from a mushroom, pressure cooker jars with lids, knife/scalpel, syringes, disinfectants, substrate ingredients (rye, straw, etc.), thermometer, Petri dishes, sterile (latex) gloves, etc. You can purchase most of these materials online from vendors such as eBay, Spores 101, Azarius, and other independent sellers.

Additionally, after gathering the necessary materials required for an auspicious beginning of the cultivation process, you need to provide an ideal environment for your mush plants to grow. Even though, the perfect conditions vary for different species but here is a prototype of what you need, as there are three steps to follow such as the inoculation period, formation of pinheads, and the cropping process.

The Incubation Period

The period of incubation is when the mycelium substrates will germinate and grow into a healthy mycelium after vaccinating them with spores using spore syringes and keeping them in a warm and dark place for some days. During this period, you will expose the plant substrates to a temperature of 28° to 30° Celsius in an environment of total darkness with humidity of 95% to 100%. In this enclosure, there should be no exposure to fresh air because these plant organisms are under incubation process for maturation. Nevertheless, you need to allow them to remain in that condition for a period of two to four weeks.

The Formation of Pinheads

The term pinheads refer to mushrooms in their smallest forms. Initially, when you put the mycelium in an environment with low temperature and indirect sunlight, it will begin to grow and develop into tiny mushrooms, and this process is called pinhead formation. During this period, the temperature level should be 22° to 24° Celsius with humidity range of 95% to 100% and remember, no fresh air should be allowed into the environment. However, these pinheads will be left in that condition for the duration of five to ten days.

The Cropping Process

The cropping process is the period of growing the mushroom substrates, which have developed to pinheads into adult mush plants. Unlike other previous stages, during this period, the plant should be exposed to much fresh air. Also, the humidity level should be lowered to about 85% to 95% as the case may be. Moreover, there should be a minimum exchange of fresh air for about three times every day. At this level, the mushroom should be in this condition for a period of three to seven days.

These descriptions and explanations are for an ideal state, but not everyone has the equipment to establish this perfect and improved condition fully. Due to varieties of psilocybin species on the market, it is good to note that Psilocybe Cubensis is the best kind of magic mushrooms for you to cultivate because it can endure and survive competitive conditions and very easy to grow.

Chapter Two:

The Step by Step Guide on How to Cultivate Psilocybin

Although most growers complain of the challenges and complicated steps involved in the growth of psilocybin mushrooms, enthusiastic cultivators are resolute and determined in learning more ways of doing it efficiently and scaling the hurdles as the cases may be. Here is some tested and proven step by step methods on how to cultivate shrooms successfully using the PF Tek methods.

The necessary materials needed for successful cultivation

The first step is gathering all the essential tools for growing psilocybin as recorded earlier. You can refer to the previous chapter for a detailed list of the required materials for cultivating your magic mushroom.

Preparation Processes

Prepare your jars using nail and hammer, and you should open the lid and place the cap on a table. Then, use a nail and make four square-shaped holes on the edge of the cover.

An excellent way of preparing your magic mushrooms is by using spore syringes as experts have stated that they are safe and secure to use and you

can get them from reliable online vendors to avoid cultivating wrong mushroom species.

The Composition of Magic Mushroom Substrate

You can use various substances as shrooms substrate because the plants will be feeding on it until maturity. Examples of substrates you can use for cultivation are dung, sawdust, ground coffee, and brown rice. However, psychedelic mushrooms grow and easily survive in brown rice flour regarded as an ideal substrate. You can use an eight-ounce container to mix the ingredients, which are three cups of water, nine cups of vermiculite, and three cups of brown rice. If you wish, another element to add to the substrate, which is said to improve shrooms flushes is worm castings.

The Jars Must Contain Substrate

Pour the wet substrate into substrate jars after mixing them properly. Then, wipe off moisture from inside and outside of the pots. Allow a space of about half an inch between the upper part of the jar and the substrate, do not jam-pack them. It is ideal to have loosely filled jars whereby you will block up the empty spaces with dry vermiculite to provide an impediment between the substrate and microorganisms up in the air.

Removing All Pollutants from the Jars

At this stage, you will remove all contaminating substances from the jars by preparing the substrate jars for sterilization, as this process will allow the mycelium to thrive without limitations. You will do this by placing a foil over the holes on the cap; this will protect the jar from toxins in the environment. Bend it downwards to form a seal around the top of the container. Then, take the pressure cooker and put three inches of water into it. Place as many jars as you can inside the cooker, stack them if you like, but some of them may crack due to the pressure be careful with them.

The Sterilization Process

After packing the pressure cooker, close it and begin to steam. Allow the weight on the upper part of the stove or the pressure regulator to start

vibrating meaning that the containers are under 11 to 115 PSI, although this depends on the manufacturers as the case may be. However, allow them to undergo sterilization for one hour. Experts have expressed that it is better for this exercise to be done in the evening hours to let the jars cool off over the night.

Adding Spores to the Sterile Substrates by Vaccination

Vaccinating the sterile substrates by adding spores is the best thing to do to ensure the mycelia develop very well. At this stage, the substrates are prone to pollutions and infections you need extra caution. Then, bring out a jar from the pressure cooker and heat the syringe red hot using the alcohol lamp and allow it to cool down for few minutes. Remove the foil paper and insert the needle of the spore syringe into the hole you bore earlier. Now, you can push the plunger and inoculate the substrate with the spore liquid. Carry out this process with the other holes on the cap of the jar, after that re-insert the foil and do likewise on the other pots.

The Incubation Period

This period is when you will put the jars in a dark and warm environment and allow the mycelium to overwhelm the substrate. The recommended places are the cardboard box, which you can place in the corner of your room and the cupboard above your fridge. Ensure the temperature is between 75° to 85° Fahrenheit and maintain it for some time to enable the mycelium to grow and flourish.

Within this period, it will absorb water and nutrients from the substrate, as the pinheads will begin to emerge after three to four days and within four to five weeks, it can colonize the whole substrate.

The Fruiting Chamber

You can use an old aquarium or a large Tupperware box if you want to construct the fruiting chamber. The main reason for setting up this chamber is to ensure the plants bask in a high humidity environment and produce fruiting bodies. Fill up the room with perlite soaked in water for about ten minutes by removing the foils and cap, then flipping it upside down and hitting the container briefly to get out the contents. Soak the cake in cold water for 24

hours as this tends to shock the fungus in fruiting faster because shrooms are composed of water up to 85 to 95 percent accordingly.

Completing the Growth Circle

Completing the growing circle depends on the type of specie you have as it may take two weeks for the first bloom to appear. The cakes can blossom three to four times and then, you can dunk them into the water for 24 hours as this could rehydrate them and re-invigorate the growth process.

The Harvesting Process

Lastly, the harvesting season has come. After you have undertaken all the steps listed above, your magic mushrooms should be ready for harvesting. You pick them by holding and pulling them up from the roots.

Chapter Three:

The Best Methods of Fumigating the Mushrooms

Nowadays, more farmers are embracing the cultivation of magic mushrooms for consumption and commercial purposes. These psychedelic mushrooms are prone to attacks from several organisms such as fungus, weeds, diseases, termites, and insects. Therefore, there is the need for fumigation to limit the devastating effects of these organisms on psychedelic shrooms, especially.

However, experts have stressed that eliminating insects and pests after they have thoroughly infested the mushrooms is a herculean task. Nevertheless, fumigation, heating, sanitation, and proper composting are the ideal measures to adopt in promoting appropriate hygienic conditions of the mushrooms. We are going to focus on the best methods of fumigation to ensure they thrive and flush.

Spraying the Beds and Environment

Spraying the beds and environment where the mushrooms will be kept at least two weeks before introducing compost is ideal. This exercise will help to eliminate diseases, fungi, mites, and insects. Some of the effective sprays you can use include mercuric chloride, lime-Sulphur, copper sulphate, formaldehyde, and calcium hypochlorite.

Mercuric chloride should be used at the rate of a one-half pound of crystals to fifty gallons of water or eight standard tablets to a gallon of water and copper sulphate should be used at the rate of six pounds to fifty gallons of water. Then, lime-Sulphur should be used at the price of one gallon of boiled lime-Sulphur to ten gallons of water while formaldehyde should be applied at the rate of two gallons to fifty gallons and calcium hypochlorite applied at the rate of ten ounces to fifty gallons of water as the case may be. Research has shown that boiled lime-Sulphur, which is used as bactericide, insecticide, and fungicide is the best spray for mushroom houses. Remember, these houses could be a cardboard box, a pet house or any other container you may choose.

Fumigating Mushrooms with Sulphur

About five or six pounds of Sulphur will be used per one thousand cubic feet of airspace and ideal to be burned in metal pans or trays that have edges to prevent the fluid substance from flowing out. This substance can set the mush house on fire, thereby damaging your labour. You can also use excelsior placed at the base of the pans to control the flow of this molten substance. Another method considered most useful is putting the pot containing the Sulphur in a bigger container with water in it. This method is the safest way to prevent fire disaster in the mushroom house. If the floor has dirt and debris that are combustible, it is advisable to dig holes and burn the sulphuric substance in it. Anyway, do not burn your Sulphur on concrete floors, as it will crack the storey and possibly cause a fire in the house.

In most cases, fumigating with Sulphur can increase the acid levels of the substrates causing the growth of green moulds on the mushroom beds, although it lasts for a brief period. Ordinarily, it does not affect the growth of mushrooms during the planting process.

Fumigating Mushrooms with Formaldehyde

You can use one quart of formaldehyde to one thousand cubic feet of airspace available for fumigation. Another essential substance to apply is one pound of permanganate made of potash to a quart of formaldehyde. Metal buckets, wooden containers, crocks, and other bowls could be used, and the capacity is ten gallon. In each case, one pan can contain a gallon of formaldehyde with 4 pounds of permanganate added to the solution.

Whoever will carry out the fumigation will quickly pour this formaldehyde solution into all the containers with permanganate placed into it and leave the room soon as he closes the door tightly to prevent air from escaping unnecessarily

Fumigating with Hydrocyanic Acid Gas

Disinfecting with hydrocyanic acid has been proven more effective because it is a combination of three powerful substances such as sulphuric acid, sodium cyanide, and calcium cyanide, although, you will use them together with liquid hydrocyanic acid.

It is good to note here that fumigation with liquid hydrocyanic acid requires professional training and specialized equipment.

If these procedures are duly observed, it will be difficult for the mushrooms to be infested with diseases, pests, and other harmful microbes.

Chapter Four: How to Harvest Psilocybin

Harvesting your magic mushrooms can be a bit difficult, especially if you do not know when to access the plants either because they are still too tender or immature. The shrooms can never grow to be the same size any day for you to harvest all of them at once, but an unwise approach will be handpicking the bigger ones first and leaving the smaller ones to grow. The danger in this practice is that you may eventually pollute the grow kit and cause an infestation, and besides, it will not increase the yield in any way. Instead, harvesting everything at once, both the small ones and bigger ones is the best way to prepare the substrate for the next yield.

Experts have advised that the ideal time to harvest the mush should be when the hats are not completely opened or before the veils open up to expose the gills.

At maturation, the mushroom will begin to spread out for a few days as the round cap releases itself from the stem and adopt a new shape until it reaches its maximum size. In most cases, the caps turn inwards to form a unique 'U' shape upwards exposing the gills and signifying they are about to reproduce.

Most persons advise that it is better to wait for five to twelve days after cultivation before harvesting because the mush plants tend to grow faster, but this depends on the species you have planted, exposure to fresh air, humidity, and temperature level.

This reproductive process causes the magic mushrooms to release their spores, which are harmful to the mycelium making it difficult for any fungus to continue growing but is absorbed into the substrate for the growth of a new flush. Check under the cap, you will notice the spores, but this process causes the shrooms to lose their potency and vigour. Then, the plants may change colour naturally and become brown or black.

It is essential to find out an appropriate time to harvest the mushrooms, although this is not a challenge to professional growers. Harvesting should be done at the best time to prevent the plants from being infected or dying off. Experts have postulated that the younger and immature mush plants are more potent than older ones; therefore, it is wise to pick the fungi before they are overgrown.

During harvesting, it is advisable to ensure a hygienic environment, ensure you wash your hands thoroughly before handling the mushrooms. The reason is that the substrate can be infected with other microbes and viruses making it unsafe for other mush plants to regrow on it. Additionally, harvesting could be done using sterile gloves, and you can pick the mushrooms by grabbing them systematically at the base with two fingers. As you, apply a little force, twisting and pulling the stem upwards out of the substrate.

Inexperienced growers may cause damage to the substrate during this period but apply caution while handling the plants at this stage. Avoid exhaling onto the grow kit because your breath contains microbes and bacteria that are harmful to the new mush plants.

When you have concluded this harvesting exercise, you can remove substrates and vermiculite on the shrooms by brushing off using a small brush.

Chapter Five: The Preservation Methods of Magic Mushrooms

The preservation of magic mushrooms is necessary to prevent them from damaging as it maintains their psychedelic effects for some months and even years as the case may be. You need to pre-dry them after harvesting before the actual drying process to prevent bacteria from destroying them. Therefore, you need to learn how to store them using other various means to achieve a positive effect, although it is a painstaking process. If you are not informed, you may end up damaging the fruits of your hard labour. In which case, you will destroy the powerful nourishing contents and allow it to rot away.

The Methods of Preserving Magic Mushrooms

There are various ways to store magic mushrooms such as:

Preservation using Refrigeration

You can save your magic mushroom by refrigerating them when they are still very fresh. Put the fresh shrooms in a plastic bag and keep them in a dry, dark, and cold corner of the fridge. With this method of preservation, your mush plant can last for at least one to two months before getting spoilt. You should know that the plants require a temperature range of between 2° and 5° Celsius. Unbleached kitchen white paper is a good alternative for putting your mushrooms for storage if you don't have plastic paper bags. Ensure to wrap up the fungi very well because most of the time, the fridge may accumulate much water and that may cause considerable damage to the psilocybin mushrooms. If that occurs, the mush may lose its vigour and potency thereby giving an alleyway for toxins and pollutants to rubbish the harvest completely.

Preservation Using a Food Vacuum Bag

Magic mushrooms can be stored in a food vacuum bag to prevent them from decaying. This is possible if you want your fungi to last more than one month, at least for three months. You can even use a Ziploc bag to store and vacuum-seal them until whenever you want to use them.

You can also dry psilocybin mushrooms to avoid decaying through the actions of bacteria and other fungal attacks. Let us look at some of the processes you can dry and store your magic mushrooms.

Preservation by Drying

Do you know that your psychedelic mushrooms can last for more than three years if adequately preserved? Of course, magic mushrooms can be maintained for more than three years if preserved adequately through drying. This process will help to eliminate moisture from the fungi and stop it from rotting and decaying. Your mush will face some potential risks if you decide to store it for a long-term, especially if you do it wrong. Some of the challenges facing your shrooms include unnecessary exposure to heat, light, and moisture, which may subsequently lead to loss of vigour and potency and insect infestation.

There are two great ways of handling your mushrooms through drying to prevent them from spoiling and also retaining their amazing psychedelic effects. These two ways include drying and pre-drying processes.

Preservation through Pre-Drying Process

Let us look at how you can preserve these magic mushrooms using pre-drying process Such as

Get a clean tray pan, pour the fungi, and place it before a fan to blow-dry it.

You can switch on the fan; this will cause the wet plants to dry within some hours, especially if the temperature is between 30° Celsius.

Check the shrooms if they have an elastic and tough outward appearance and form, then you can be assured they have been perfectly pre-dried by the fan.

After pre-drying magic mushrooms, the next stage is drying them up correctly for long-term preservation. This stage will take several processes. Let us see how it is done.

Preservation through Drying Process

Using a clean Tupperware, cut out two sheets of aluminum insect screen to match or fit into size.

Take four sweet stackers and place inside the Tupperware with each one at the edge of the bowl.

Then, add another layer of aluminum screen on top of them.

Get a silica gel and add a layer on top of the aluminum structure.

Now, add another four sweet stackers, each at the edges of the screen.

Place another layer of aluminum screen on top of the structure as well.

At this stage, you can introduce those pre-dried psilocybin mushrooms on top of the platform.

Ensure that there is no space or leakages for moisture to be penetrating to touch the mushrooms by closing the Tupperware very securely.

Finally, the silica gel will absorb any moisture remaining in the magic mushrooms to complete the drying process.

The last stage whereby the silica gel will be absorbing moisture may take several weeks before it is completed because the drying process is usually prolonged. If you want to check and know that, the magic mushrooms are thoroughly dried, whenever you attempt bending them, they will be cracking and breaking in your hands.

Moreover, if you have attempted pre-drying method, drying method, and preservation using the fridge and vacuum food bag; there are yet other processes you may want to know because variety is the spice of life.

Preservation Using Chocolates

Do you want to take magic mushrooms to any occasion or consume them anywhere without worries? Then, consider preserving them using chocolates. It is the best method for storing them if you want to enjoy the sweeter taste or you are conscious of your health challenges like diabetes, you can preserve your shrooms in chocolates.

Well, the process is not cumbersome; you do not need much for storing them. The materials for this method are a coffee grinder, chocolates of your chosen brand, pre-dried magic mushrooms, a saucepan, a small ice tray, and a stove.

Now, you will grind the chocolates and magic mushrooms separately. Then, using a low heat on a stove, you can melt the ground chocolate in a saucepan. After softening them, bring out the pan from the fire quickly, and then add the dried mushrooms immediately.

Scoop the mixture and transfer them into ice cube trays that can be used as the mould for the chocolate. Finally, place the ice trays in a freezer for storage. If you can store magic mushrooms in ice cubes and store in the fridge, it can last for about six months. In most cases, it depends on the expiration dates of the chocolates.

However, remember that dark chocolates have a higher percentage of cocoa content and because of this; it is rated as having more acid content and therefore, much more powerful and preferred in making the psychedelic effects of magic mushrooms active and efficacious.

Preservation by Freezing Psilocybin Mushrooms

You may decide to freeze your magic mushrooms, especially if you are not satisfied with drying and other methods mentioned above. Experts have affirmed that this pattern of preserving mushrooms is specifically the choice of Psychonauts, who prefer taking it for spiritual inducements, mind voyages, hallucinations, and other traditional purposes.

However, magic mushrooms should firstly be dried before putting them in the freezer or freezing by any other means. If you do not drain the fungi thoroughly, the moisture inside the shrooms will cause it to decay by destroying the cells and lowering their vigour and potency. Due to this challenge, you should always dry your mush and put them in a Ziploc bag before taking them into the freezer for further preservation. After this process, your psychedelic shrooms can maintain their vigour and potency for as long as you have on the shelf.

Preservation Using Freon

Freon can prevent magic mushrooms from decomposing and rot away. It is the substance that makes air conditioners cool and can help in preserving your mush. You need to get Vari-Air, which is Freon-based dust removal product, Ziploc bags, and a weighing scale. Take a Ziploc bag and put about five grams of pre-dried magic mushrooms inside and flatten it out as much as possible. Place the control valve of the Freon dust removal spray into the bag

and zip it as you can until it is tight. Then, continue pumping it up with Freon until it is well-inflated up to thirty percent. After this, you can remove the control valve and press out the Freon already inside the bag. When you have completed this procedure for about five times or more, then you can cover the Ziploc bag entirely. With this method, your magic mushrooms can last up to one year inside the bag.

With these carefully set out methods that have been tested and tried by professionals, you can harvest your magic mushrooms and store them for as long as you may want.

Conclusion

Growing psilocybin mushrooms is a way to ensure the potential effects of magic shrooms are not wasted, although it has psychedelic effects on users making some countries to ban its use as illegal. You can grow psilocybin for personal consumption to feel good and highly spirited.

In this book, you will understand how to start cultivating mush plants by ordering a grow kit today. It is available online, or you can search for local dealers in your area. Some of the materials needed to grow magic mushroom are spray bottle, filler material, ziplock bags, scale, mouth mask, alcohol/gas burner, spores or mycelium from a fungus, pressure cooker jars with lids, knife/scalpel, syringes, disinfectants, substrate ingredients such as rye and straw. Others include a thermometer, Petri dishes, and sterile (latex) gloves.

Additionally, you need to know the varieties of mush plants to grow, ingredients to use, equipment, hygiene supplies, the step by step method to apply, the best fumigation methods, how to harvest the plant, and the preservation methods to use to retain the potency and vigor of your product even after many years.

With these techniques, you will become a proud farmer of psilocybin mushrooms, even if it is on a small scale.

Thanks and Good luck!

Other Books by the Same Author

1. Your Essential Guide To A Low-Carb Diet: The Easy Secret To Weight loss, Reversing Diabetes And Protection Against Cardiovascular Diseases

2. The Miracle Healing of CBD Oil and Hemp Oil: The Beginner's Essential Guide to CBD Oil and Hemp Oil in Treating Cancer, Diabetes, Fibroid, Sleep Disorder, and Anxiety, For A Better Living

3. Breast Cancer: An Effective Guide to Managing and Treating Breast Cancer Using Natural Healing Remedies